Vol. 37, No. 50

Fort Sam Houston – Home of Army Medicine

Dec. 15, 2005

Briefs . . .

Christmas tree lighting

The Fort Sam Houston Christmas tree lighting ceremony will be today at 6 p.m. at the U.S. Army Garrison flagpole. The event will feature remarks from Col. Wendy Martinson, U.S. Army Garrison commander, holiday music, the tree lighting and refreshments.

Santa's coming to post

Santa Claus will stop by Fort Sam Houston housing Monday and Tuesday to pass out holiday candy and visit with children. Monday, Santa will visit Watkins Terrace at 3:30 p.m. and Patch Chaffee at 4:30 p.m.; and Tuesday, he will be at Gorgas Circle at 3:30 p.m., Wheaton Graham at 3:40 p.m., Artillery Post at 4:10 p.m., Hancock at 4:35 p.m., Staff Post at 4:50 p.m. and Infantry Post at 5 p.m. Santa will also stop at the housing office Monday for pictures with children from housing from 10 a.m. to 12 p.m. and 1 and 3 p.m.

Commissary

Santa Claus will be at the Fort Sam Houston Commissary Saturday from 11 a.m. to 2 p.m. for free pictures with commissary patrons.

BAMC Holiday Ball

Tickets are available for the Brooke Army Medical Center "Miracles and Dreams" Holiday Ball Friday at 6 p.m. at the Marriott Rivercenter, 101 Bowie Street.

Holiday Installation Formation Run

The Holiday Installation Formation Run will be Friday at 5:15 a.m. Units will assemble at MacArthur Parade Field no later than 5:15 a.m. All tenant units on Fort Sam Houston are invited to participate. The BG Johnson track will close during the run. For more information, call Sgt. Maj. Jimmie Jay at 221-4027 or e-mail jimmie.jay@amedd.army.mil.

Audie Murphy induction

The Sergeant Audie Murphy Club induction ceremony will be Friday at 3 p.m. at Blesse Auditorium. The event is sponsored by the Army Medical Department Center and School and 32nd Medical Brigade. For more information, call Sgt. 1st Class Dwight Wafford at 221-9314.

News Leader seeks feedback

The Fort Sam Houston Public Information Office has published a survey to solicit feedback from the post community. The responses will be used to improve the News Leader. Changes will be integrated starting with the Jan. 5 issue, the first newspaper of the new year. To access the online survey, visit http://www.samhouston.army.mil/pao/default.html, and click on "News Leader Survey." The survey deadline is Monday. For more information, call 221-0615 or 221-1031.

News Leader hiatus

The Fort Sam Houston News Leader will not be published Dec. 22 or 29. Submissions for the Jan. 5 issue should be e-mailed to news.leader@samhouston.armv.mil or faxed to 295-0512 no later than Jan. 2 at noon. For more information, call 221-0615.

See BRIEFS on Page 4



Photo by Elaine Wilson

He'll be home for Christmas

Shawn Lowery and son, Lionel Lowery III, decorate their Christmas tree in preparation for the holidays and for the homecoming next week of 2nd Lt. Lionel Lowery, who is deployed to Afghanistan in support of Operation Enduring Freedom. "Christmas is the most important time for us since we met at a Christmas party 18 years ago," Shawn said. "We've missed a lot of holidays but have never been apart for a Christmas, so this visit means a lot to us." Lowery will be home for two weeks before returning to Afghanistan.

Decals, alternate routes help ease ACP traffic flow

By Cheryl Harrison Fort Sam Houston Public Information Office

Visitors and employees who access Fort Sam Houston through the Walters Street gate have only a few more weeks to plan an alternate route if they do not want to experience probable delays.

On Jan. 2, contractors will begin the first of three phases in a maintenance project at this heavily frequented access control point.

inbound lanes on Walters from the ACP other for drivers turning right.

to Wilson Street will be closed. Two inbound lanes will be rerouted through the visitors' entrance for visitors and decal vehicles. The current exit lane will remain the same. This phase will take about 30 days.

As people enter the visiting and inspection area through the alternate route, they will be traveling north on 7th Street rather than Scott. The two-way 7th Street flow of traffic will change to one way north with two lanes, one for drivers During phase one, the current two turning left on Wilson Street and the duration of the project.

Outbound drivers will also be affected during phase one. Drivers going west on Wilson Street will be unable to turn left to exit. Eastbound traffic will still be able to turn right as normal.

"People will simply need to enter Scott north of Wilson," said Raquel Hernandez, Public Works chief of engineering operations.

To minimize traffic backup, the exit from the commissary parking lot adjacent to 7th Street will be closed for the

See TRAFFIC FLOW on Page 4

SFAC marks second anniversary

By Phil Reidinger Fort Sam Houston Public Affairs Office

The Soldier and Family Assistance Center commemorated its second anniversary of operations during a reception Monday. Several hundred volunteers and supporters from the San Antonio community attended the open house at the center, located in the Powless Guest House at Fort Sam Houston.

SFAC was established in December 2003 to support service members wounded as a result of combat operations supporting Operations Iraqi and Enduring Freedom and receiving treatment at Brooke Army Medical Center. The SFAC also supports family members of Soldiers, Marines, Sailors and Airmen visiting patients.

In 2004, the SFAC accommodated more than 27,000 visits. In 2005, the center supported more than 50,000 visits and requests for assistance by patients and their families.

The SFAC is staffed on a daily basis by 46 volunteers, for 13 hours per day.

"Without the community volunteers and the assistance of the medical hold Soldiers and Marines who work at the SFAC, our doors would have to close," said Judith Markelz, SFAC coordinator.

Markelz said the center has received more than 10,000 donations from corporations, small businesses, churches, nonprofit organizations, children and adults across the nation.

"We have operated with the incredible support of the installation community, the Fisher House, BAMC and all its case workers and the Marine liaison detachment," said U.S. Army Garrison Commander Col. Wendy Martinson, during her congratulatory remarks. "Everyone has been there to support us as a U.S. Army Garrison activity located in our guest house."

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Fort Sam Houston News Leader

Commander wishes families safe, joyful holiday season

By Maj. Gen. George Weightman Fort Sam Houston and AMEDDC&S commander

As we cross into 2006, we can take pride in the accomplishments and achievements of the past year and prepare for the missions that lie ahead. This holiday season, take the opportunity to relax and enjoy the company of your family and friends. Enjoy the holidays, you earned it!

I also need you to make smart, informed decisions with regards to safety. My major concerns are winter and holiday driving, impaired driving and increased fire potential.

Last holiday season, the Army lost 17 Soldiers to accidental deaths. Unfortunately, on Dec. 30, 2004, the Army Medical Department Center and School lost a Soldier to a privately owned vehicle accident. Leaders must ensure that all members of their organization receive a thorough safety briefing prior to the holiday season. Leaders must

personally review the travel plans of their Soldiers, emphasizing the main causes of traffic-related deaths: driving too fast for conditions, not using seatbelts, falling asleep at the wheel, inattention while driving and failure to use child restraint devices.

Avoid the use of drugs and alcohol while driving. Driving impaired or riding with someone who is impaired is simply not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant and is definitely not the way you want to spend your holiday season. Leaders must also emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at www.sexualassault.army.mil.

Remember, accident potential also exists in your home. Ensure your decorations do not present a fire risk.

Do not overload electrical circuits. Lighted candles should never be left unattended. Live trees should be watered regularly. Ensure your smoke detectors are working properly.

For more great information on winter and holiday safety, contact our Installation Safety Office at 295-SAFE (7233).

Thanks again for your great work and sacrifices this year. I'm proud of all we've accomplished



Maj. Gen. George W. Weightman

together. I wish you and your families a very joyful holiday season. Be safe!

Fort Sam Houston News Leader

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Former POW thanks wounded warriors

By Andricka Hammonds and Nelia Schrum Brooke Army Medical Center Public Affairs

Arizona Senator John McCain took time out from his national book tour Saturday to thank wounded warriors recovering at Brooke Army Medical Center for their service in the Global War on Terrorism

His first stop was at BAMC's Amputee Care Center where a group of 40 wounded and their families and staff waited in the Occupational Therapy Clinic to hear from the former prisoner of war.

"There is a great deal of controversy about the war," McCain said. "The good thing is that as opposed to the Vietnam War, Americans totally support you."

He said that the great cost of the war was the injuries suffered by the wounded warriors and that their service and sacrifice were appreciated.

"We've invested you in this war – you are the very best of America."

McCain said he vigorously disagreed with critics who said that no progress was being made in Iraq. Pointing to the elections set for today, he said that for the first time Iraq would elect a free parliamentary government that would lead their nation.

"Elections are the easiest part of democracy," he said. "If we can get this democracy working, then what you've done will be noble and heroic."

McCain said the Global War on

Terrorism was different than the Vietnam conflict because the guerilla insurgency "just wants to kill everyone – Americans and Iraqis."

The senator also addressed the notion of withdrawing troops from Iraq.

"There are probably parts of Iraq we could withdraw from tomorrow, but there are also parts of Iraq within the Sunni Triangle, where we will be needed for a long time."

Opening a question and answer session, Sgt. Joseph Washam, who sustained burn injuries, asked a question about pre-war intelligence that claimed the Iraqi dictator had weapons of mass destruction.

McCain said there was no deliberate attempt to mislead the public, but that a massive failure of international intelligence had occurred in early 2003.

"This was a colossal intelligence failure
– in addition to the U.S., every intelligence agency believed he (Saddam
Hussein) had weapons of mass destruction
– the French, the Germans, the Italians
and the Russians."

Sgt. Steven Estes asked McCain about Hussein's recent court antics and refusal to show up for the ongoing hearing.

McCain responded by saying he found it bizarre that a "guy who killed tens of thousands of people complained that he had to wear the same clothes and go without a shower for three days."

He said that Hussein ranks up with the top 10 in history for notorious, disreputable acts, and that his actions and out-

landish theatrics were designed to divert attention from his crimes.

After leaving
BAMC's Amputee Care
Center, McCain visited
patients at the Burn
Center. Going room to
room, the senator
stopped to thank several
of the wounded for their
service.

Going to see burn patient Sgt. Christopher Edwards, McCain tried to thank him for his sacrifices. Edwards stopped him. "Sir, I want to thank you for what you did for your country."

McCain is on a national book signing tour. At Fort Sam Houston's Main Exchange, the line for his book signing started forming at around 9 a.m., even though McCain was not set to appear until 11:30 a.m. By the time of his appearance, the line

snaked from the book department to the back of the store, with many waiting several hours for an autograph on his new book, "Character is Destiny."

McCain, who has authored four books,

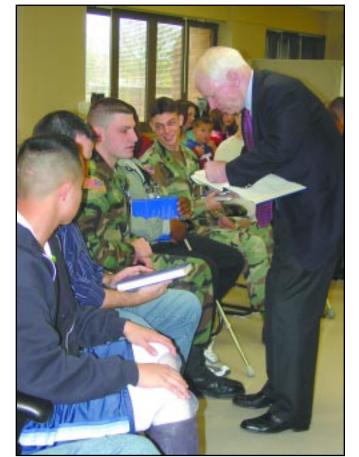


Photo by Nelia Schrum

Arizona Senator John McCain autographs his book, "Character is Destiny," Saturday at the Brooke Army Medical Center Amputee Care Center.

said the new book is designed to inspire young people and help adults remember.

The book includes moving illustrations of triumph against great odds and sacrifice for causes greater than oneself.

Top nurse lauds BAMC's first anesthetist graduates

By Andricka Hammonds
Brooke Army Medical Center Public
Affairs

The chief of the Army Nurse Corps joined staff of Brooke Army Medical Center Friday as they saluted the first three graduates who completed their clinical training at the hospital.

Guest speaker Maj. Gen. Gale Pollock, chief of the Army Nurse Corps, congratulated the three graduates, Maj. Richard Reid, Maj. Angela Williams and Capt. Jimmie Foster, who sat for their board certification six days earlier. They are all certified registered nurse anesthetists, or CRNAs.

"Today represents the culmination of years of hard work to implement a phase II site at BAMC," said retired Lt. Col. Brian Clayton, phase II program clinical director at BAMC.

"This is a great learning site for regional anesthesia. BAMC provides some of the best cutting-edge training available in the United States," said Reid, new graduate.

The U.S. Army graduate program in anesthesia nursing graduates about 20 to 30 nurse anesthetists annually. The 30 month intensive program is broken down into two parts.

The first 12 months, phase I, consists of didactic training at the Army Medical Department Center and School. During phase II, the student embarks on 18 months of clinical anesthesia training at a military or veterans training treatment facility.

As someone who also went through the program, Pollock said, "I understand how important it was to me as a student through both phase I and phase II to have support by people who mattered to me and who cared about me."

Pollock also thanked families on behalf of the U.S. Army Nurse Corps for supporting the students through their time in school. She informed the Soldiers that there are more hardships to come. "There is no doubt, within a short period of time you will be deployed, taking care of service members serving in the Global War on Terrorism," said Pollock. She told the graduates that their faces will often be one of the first health care providers they see.

"You will be the one that will say to them, 'I'm going to get you through this'," said Pollock. "They're going to look into your eyes for that reassurance. You have to be good at what you do."

She explained to the graduates that the Soldiers they will take care of will only ask for the very best that they can do. "I ask you to stay focused, because if you give them [Soldiers] a half-baked job, it will haunt you," Pollock said.

Pollock encouraged the graduates to stay updated on the newest development in their fields. "As you graduate and put the formal academic piece behind you, that's not the end of your learning," said Pollock.

Pollock emphasized the



Photo by Kelly Schaefer

(From left) Capt. Jimmie Foster, Maj. Angela Williams and Maj. Richard Reid are Brooke Army Medical Center's first graduates from the U.S. Army graduate program in anesthesia nursing. They were recognized Friday at a graduation ceremony.

importance of staying involved in local, state and national professional organizations. She informed the new nurse anesthetists of their role as military nurses and the significance of being as educated as possible.

"Military nurses are the best nurses in the nation," said Pollock. "It's up to us to be leaders."

Helpful tax tips to reduce tax liability before end of year

By Capt. Kate Evans

<u>Tax Assistance Center</u>

With the end of the year approaching, people may want to start thinking about last minute tax planning to reduce tax liability.

Investments

People who made money this year on sales of stocks or mutual funds may want to look at their remaining investments to see if they have any that are losing money. If people sell weak investments before the end of the year, they can offset the gains they had from sales of stock made this year.

Charitable contributions deduction

People who use Form 1040 and itemize deductions are familiar with the charitable deduction. Typically, gifts of cash and property that are given to charity can be deducted from adjusted gross income. This deduction can generally be used to offset up to 50 percent of adjusted gross income. For cash contributions made after Aug. 28, 2005, people can deduct the

entire amount donated, even if the amount exceeds 50 percent of adjusted gross income.

When donating property, as opposed to cash, people can deduct the Fair Market Value of the property, which is often not the price paid for the item. In the case of clothing, the FMV will almost always be less than the amount paid and the deduction is limited to the FMV of the item. However, the FMV may not always be less than the amount paid. For example, if donating a capital asset, like a stock or

bond owned for more than one year, people can deduct the full amount of the asset's value including any gain. A benefit to donating this type of property is that neither the donator nor the charity have to pay tax on the gain. Unlike the general charitable deduction limit of 50 percent, gifts of long-term capital gain property like stocks and bonds can be deducted only up to 30 percent of adjusted gross income.

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Martin Luther King commemoration

The Fort Sam Houston Martin Luther King observance will be Jan. 12 from 11:30 a.m. to 12:30 p.m. at the Roadrunner Community Center, Stanley Road. For more information, call Master Sgt. Michael Boehringer at 221-9276.

BAMC parking lot closure

Parking lot A, south entrance at Brooke Army Medical Center, is closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

BAMC driveway closure

The Outpatient Clinic medical mall entrance driveway will close for construction beginning Monday until further notice. The Outpatient Clinic medical mall entrance doors and walkway will still be available for

JAG office closure

The Fort Sam Houston Office of the Staff Judge Advocate, to include the claims division and the legal assistance office, will close Tuesday from 12 p.m. to close of business for the office holiday celebration. The office will reopen Wednesday. For emergencies, contact the on-call officer at 393-3531.

Change of charge ceremony

The change of charge ceremony for the officer in charge of the Naval School of Health Sciences, San Diego Detachment, will be Friday at 1:30 p.m. at the Evans Theater, Building 1396, Garden Road, on Fort Sam Houston. Capt. Eugene D. Barron will relinquish charge to Capt. William C. Perry. To attend, call 221-8537 or 221-8294 by Tuesday.

Senior leadership prayer breakfast

The 32nd Medical Brigade senior leadership prayer breakfast will be Jan. 6 at 7 a.m. in the Sam Houston Club. The speaker is Lt. Gen. Robert L. Van Antwerp, commanding general, U.S. Army Accessions Command and deputy commanding general, Initial Military Training. Senior leaders of the military community are invited. For more information, call Chaplain (Maj.) Jonathan Etterbeek at 221-4210 or 221-4362 or Chaplain (Capt.) Luis Lopez at 221-5254.

Range safety officer class

Starting Jan. 6, the Range Safety Officer class will be Fridays from 1 to 3 p.m. in Building 6107, Room 1A, at Camp Bullis. People should reserve a seat in advance. For more information or to arrange for training on another day, call Mabel Rodriguez at 295-7616 or e-mail mabel.rodriguez@samhouston.army.mil, or Patricia Jennings at 295-7686 or e-mail patricia.jennings@samhouston.army.mil.

PX, commissary meeting

There will be a Post Exchange and Commissary Advisory Council meeting today at 9 a.m. at the commissary break room.

Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: Jan. 9 to 13, March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call Vanessa C. Alford at 221-1065 or 669-5173.

Continued from Page 1

Markelz said the Installation Chaplain's Office provides food vouchers for families needing help. The center also serves as a referral agency to the American Red Cross, Army One Source, United Way and a variety of supporting nonprofit agencies.

"This month alone, we have 21 activities scheduled to take service members and their families off post to participate in San Antonio events," Markelz said.

Besides providing a home environment for patients and their families, the SFAC schedules activities such as crafts workshops, arranges flights for military members and their

families, hosts weekly bingo games, provides Internet service, phone cards, and entertainment area with large screen television, video games and movies. There is also an abundance of coffee and food, SFAC dinners sponsored by organizations and hugs to Soldiers and Marines and their families entering the center, Markelz said.

"There is nothing more comforting to service members and their families than a home-baked chocolate chip cookie and other good food donated to us by so many caring, wonderful people in the San Antonio community," Markelz said.

For more information about SFAC and various Soldier and family support activities, call Markelz at 357-2705, ext. 2008.



Photos by Phil Reidinger

(Above) Judith Markelz (far left), Soldier and Family Assistance Center coordinator, and Col. Martinson, U.S. Army Garrison commander, host SFAC's second anniversary commemoration Monday.

(Left) Jim Middleton, 4th Infantry Division Normandy Invasion veteran, and his daughter, Smeria Olsaver, along with their patient therapy dog, Puffy, attend the Soldier and Family Assistance Center's second anniversary commemoration at the Powless Guest House.



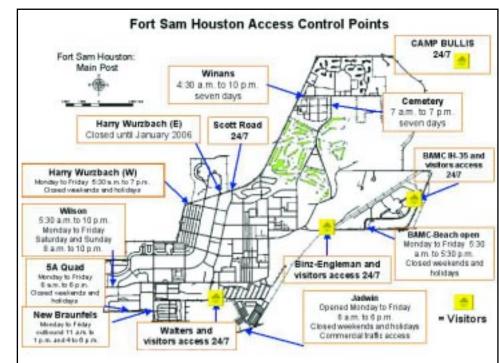
Traffic flow

Continued from Page 1

While post leaders have worked to minimize the impact on drivers, they still advise people to consider an alternate route. The New Braunfels gate at Grayson will remain open for exiting traffic between 11 a.m. and 1 p.m. and 4 to 6 p.m. Monday through Friday. Other gates to consider include Cunningham, Binz-Engleman, Dickman and Harry Wurzbach.

"If you decide to use Walters, you should give yourself some extra time to gain access to the post, particularly the first few weeks of the project," said Staff Sgt. Ronald Shaw, Fort Sam Houston Police traffic section supervisor. "It will be an adjustment period for the security officers checking IDs, as well as for the drivers. Your best bet is to avoid the area and try another gate."

Another way to avoid delays is for drivers eligible to have decals on their vehicles to obtain them. Vehicles with decals can use any gate, while visitors without decals are limited to Walters. Binz-Engleman and the Brooke Army Medical Center vistors gates. Also, a



decal will reduce the time spent at the ID check point.

Decals may be obtained at Fort Sam Houston, Randolph Air Force Base and Lackland AFB, or any military installation. A military ID card is needed, along with insurance papers and registration. It only takes a few minutes to obtain a

decal, but it can save time at the gate. To obtain a decal at Fort Sam Houston, call 221-9205.

Fort Sam Houston Police officers will be on hand to direct traffic and inform people of changes as they occur. The News Leader will also provide updates and schedule changes.

Tax liability

Continued from Page 3

Sales tax deduction

For 2005, the sales tax deduction is still available. This deduction is especially important for Texas residents who are not subject to a state income tax. The Internal Revenue Service produces a table showing how much sales tax can be deducted. For people who are thinking of purchasing a car or boat before the end of the year, they can add the sales tax paid on those purchases to the table amount when they are doing their tax return.

Tax Center opens Jan. 17

The Tax Center will open Jan. 17 at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, just behind the Garrison Staff Judge Advocate Office. The Main Tax Center hours will be Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m., Tuesdays and Thursdays from 9 a.m. to 9 p.m., and Saturdays from 9 a.m. to 1 p.m. The Tax Center will be closed Sundays and major federal holidays.

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Caring Soldiers mentor, motivate youth

By Cheryl Harrison Fort Sam Houston Public Information Office

Soldier is described in the Merriam-Webster dictionary as mercenary, a person in military service; an enlisted man or woman. It fails to mention caring, dedicated, devoted and unselfish.

The Soldiers of B Company, 232nd Medical Brigade, who created the Army Medical Outreach Program, are caring, dedicated, devoted and unselfish.

Army Medical Outreach Program, or AMOP, was created in September by a few of those caring and motivated Soldier medics. The program was founded with the idea of mentoring and motivating young people about the Army health care profession.

Since AMOP's inception, about 30 of the Soldiers of B Company have joined together to sponsor a cottage at Boysville in Converse, Texas. They have given their free time to play football, have concerts and even cooked an entire Thanksgiving meal for the children at the home. Their next big event is a Christmas party planned for mid-December.

One of the original founders of AMOP, Pvt. Rhett Ingram, hopes this program will become a legacy that will continue in the company for a long time.

"I had a number of positive people who influenced my life, and I think that is what so many of the kids need today. Young boys need mentors who can teach them how to be men," said Ingram, whose background experience includes missionary work in Russia, Romania and Israel, and working with youth in crisis.

The father of two young boys, Ingram said his sons understand and appreciate the time spent helping others boys. Through tears, he proudly spoke about his 9-year-old son, Josiah, and his observation, "Dad, if somebody doesn't have a home, we should give him one." While trying not to get too choked up, he said his youngest son, Elisha, age 6, also knows how important this is to the young residents at Hunter Cottage.

During a recent Friday evening concert performed by the Soldiers, Pfc. Braden Hendershot felt first hand the fruits of AMOP's efforts. "I played the guitar and sang my own music, but, when I was asked to autograph shirts, papers and even the hand of one of the kids, I felt so good," he said.

Hendershot, not much older than the oldest resident at Boysville, displayed an eagerness to help and began working with AMOP as soon as he heard about it.

"I grew up in a dysfunctional family, and the Army and my music saved my life,"
Hendershot said. "I want to finish the CD that I'm making and give it away to the kids, hoping they'll realize how much we care about them and the people in our country, as well as those we are fighting to help."

Presently, more than 30 Soldiers are participating in AMOP events and even more are asking to join. Not only is their free time donated, but sometimes just to get to Boysville, they have to use their own funds for taxi fare.

"My own personal thought: Since this was born of outstanding Army and human values and doing something good for your neighbors, this Boysville Home



Courtesy photo

Soldiers and boys from Boysville work together to prepare a Thanksgiving meal at Hunter Cottage in Converse, Texas.

will remain a part of my company, hopefully, long after my tenure there," said Capt. Mark C. Knight, company commander.

He went on to add, "It is amazing, the Soldiers aren't offered anything, this all comes from the heart. This same class, after donating more than \$2,500 in toys to Holiday Helping Hands, wanted to keep giving."

Boysville was established in

1943, as an emergency shelter and foster care for boys and girls ages infant to 18 years. The facility is a pastoral country campus which includes nine residential cottages, gymnasium, library, chapel, barn, outdoor recreation areas and playground.

For more information about Boysville, call 659-1901 or visit http://www.boysvilletexass.org/p ages/facts.htm.

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SPORTS

Boxing returns to Fort Sam Houston

By Doug Stanley Jimmy Brought Fitness Center

Boxing returned to Fort Sam Houston for the first time in decades Saturday at the Jimmy Brought Fitness Center.

Participants in the Boxing at the Brought included 18 Soldiers from Fort Sam Houston, three Airmen from Lackland Air Force Base, Texas, and several from local boxing clubs. Close to 700 spectators filled the stands to watch 20 bouts of boxing.

More than 50 Soldiers, including a large contingent from the 187th Medical Battalion, signed up to participate. Local amateur boxing authorities participated, and the Local Boxing Commission in San Antonio, USA Boxing's local representative, also participated.

The catalyst for the event was boxing enthusiast and trainer Kevin Majors, who had been training Soldiers a few times a week in the fitness center. His efforts eventually led to the com-

Photo by Kathrine Maple

Elizabeth Reyez (left) of Scholar and

Angela Jimenez of Unlimited size each

other up during a boxing match.

Jimenez won the bout by decision.

munity event.

"It's been a great experi-

ence working with Kevin Majors, his boxers and the Local Boxing Commissioner Caesar Cano and his wife, Alice, planning this event. We look forward to continuing our partnership in future events," said John Rodriguez, sports specialist at the Jimmy Brought Fitness Center.

Boxing at the Brought was sponsored by First Command Financial Planning, Army and Air Force Exchange Service and Calm Day Spa.



Photo by Kathrine Maple

Curtis Calein (right) of Ann Wolfe misses a right hook as Kyle Warren of Zapata counters with a left jab. Calein won the bout by decision.



Photo by Laurence Gonzalez

Boxer John Colondres, Brooke Army Medical Center, has his peripheral vision checked prior to his bout Saturday at the Jimmy Brought Fitness Center.

Boxing results

Able Ortegon, Castillo, over Jose Hernandez, Fidencio Lopez Jonathon Delgado, Neighborhood, over

Curtis Calcin, Anne Wolf, over Kyle Warren, Zepada

Jerry Soldano, Unlimited

Eric Merin, Zaramora, over Agustine

Rios, Zepeda

Ubaldo Gonzalez. Zarzamora, over Gusatavo

Medrano, Lackland Air Force Base Robert Baily, Zepeda, over Mathew

Rodriguez, Fort Sam Houston Cornilius White, Zepeda, over Adrian Edwards, Lackland AFB

James Cantu, Angles, over Jesse Santibanez, Ramos

Adrian Gonzalez, Zarzamora, over Rigoberto Rodriguez, Unlimited Rahsean Ellis, Fort Sam, over Jose

Terraboa, Lackland AFB John Colondres, Fort Sam, over Eliseo

Flores, Independent Steve Moreno, Lackland AFB, over

Tommy Lee, Fort Sam Alexander Tellez, Fort Sam, over Mitchel

Evans, Fort Sam

Donald Harris, Fort Sam, over Kevin Berry, Fort Sam

Paul Zimmerman. Fort Sam. over Steve Downey, Fort Sam

Michael Merit, Fort Sam, over Kaeo Hoopai, Fort Sam

Joseph Palomba, Fort Sam, over John

Clifford, Fort Sam Dan Farrier, Fort Sam, over Michael Cox,

Fort Sam Brandie Phillips, Fort Sam, over Bettina

Jordalen, Fort Sam

Angela Jimenez, Unlimited, over Elizabeth Reyes, Scholar

8 Dec. 15, 2005

All-American Bowl ticket sales begin in San Antonio

Tickets to the 2006 U.S. Army All-American Bowl are now on sale in San Antonio, according to U.S. Army and Sportslink Inc. This year's game will be played Jan. 7 at 12 p.m. at the Alamodome.

Area high schooler Chris Caflisch, from James Madison High School, will join the nation's top 78 high school stars in a classic East vs. West battle.

The Morale, Welfare and Recreation ticket office has vouchers for free tickets for Soldiers and vouchers for discounted tickets for Soldier family packs and veterans' family packs. The ticket office is at the Sam Houston Club, and the vouchers can be redeemed at the Alamodome box office. Tickets can also be purchased at the Alamodome ticket office, or call Ticketmaster at 224-9600 or visit www.ticketmaster.com.

Two price levels are available to the general public: a \$25 reserved seat ticket and a \$12 general admission ticket.

San Antonio has been home to the U.S.

Army All-American Bowl for the past four years. From the college announcements to the great plays, the Alamodome has been America's platform for fans to get their first glimpse of players like Reggie Bush, University of Southern California; Adrian Peterson, Oklahoma University; Vince Young, University of Texas; Ted Ginn, Ohio State; and Jamaal Charles, University of Texas.

Prior to the Bowl, children of all ages will have the chance to attend a free Fan

Fiesta Interactive at Sunset Station from 9 to 11 a.m., then follow the game from 3:30 to 6 p.m. The Fan Fiesta will feature the U.S. Army rock wall, NASCAR and National Hot Rod Association vehicles, the U.S. Army professional bull rider cowboys, the Dallas Cowboy cheerleaders, live music, food and games. A special pre-game "Saluting the American Soldier- Answering the Call to Duty" will start at 11 a.m. at the Alamodome.

Following the Bowl, the U.S. Army National Band Competition will entertain fans as the nation's top high school show style marching bands will compete to see who is America's top marching band.

The 2006 U.S. Army All-American Awards Dinner will be Jan. 6 in San Antonio with legendary coach Lou Holtz as the featured speaker. One of the top awards given out at the dinner will be the PARADE All-America High School Football Player of the Year, honoring the nation's best prep football player. The award is the equivalent of the high school Heisman Trophy, and the winner of the award will receive a trophy in the likeness of Ken "The Sugar Land Express" Hall of Sugar Land, Texas.

For more information about Bowl events, visit www.allamericangames.com. For MWR ticket information, call 226-1663.

(Source: U.S. Army)

Sports Brief . . .

Spring soccer

Register online for the Alamo Heights Fort Sam Houston spring soccer season. Children born between Aug. 1, 1986, and July 31, 2001, are eligible to play. Register at www.ahfsh.com, click on "Here is the registration page" link. People can make registration payments as well as sign up for vehicle passes on the Web site. There will also be a walk-in registration Jan. 7 and 14 from 10 a.m. to 3 p.m. and Jan. 11 from 6 to 8 p.m. at Youth Services, Building 1630, at Fort Sam Houston, off Winans Road. Registration closes Jan. 31. For more information, visit http://www.ahfsh.org.

10 Dec. 15, 2005 Fort Sam Houston News Leader



Medical merit

Photo by Doug Meyer

Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, and AMEDDC&S Command Sgt. Maj. Timothy Burke congratulate Sqt. Maj. Ronnie Beatty for his selection into the Order of Military Medical Merit Friday at the Sam Houston Club. The other recipients were Lt. Cols. John Austin, Marvin Alexander and Sheri Howell; retired Lt. Col. Frederic Watke; Majs. Kelly Bromley and James Cleveland; Sgt. Maj. Gloria Riley; Sgt. 1st Class Donald Curry; 1st Sgts. Edward Kelsey and Carl Clark; and Master Sgt. Mark Milstein. The Order of Military Medical Merit was established in 1982 as a private organization to recognize excellence and promote fellowship and esprit de corps among AMEDD personnel.

Avoid holiday blues

By Elaine Wilson Fort Sam Houston Public Information Office

While the holiday season may offer a chance to take time off from work, it can often be anything but relaxing. With shopping day count downs, throngs of shoppers crowding the malls and preparation for family get-togethers, stress and anxiety can quickly build and lead to the "holiday blues."

However, with a few preventive measures, people can minimize the impact of the holiday frenzy:

- Delegate. Don't try to do it all by yourself. People often want to help and be involved. By breaking down tasks and doling them out to friends and family, everything becomes more manageable.
- Spend some time alone. Some people love the energy and exuberance of big holiday parties and activities. For others, all of it is very taxing. If anxiety is building, take a breather. Find a quiet spot to relax.
- Let go of the past. Don't be disappointed if the holidays aren't like they used to be. Life brings changes. Embrace the future, and don't dwell on the fact that the "good old days" are gone.
- Don't drink too much. It is easy to overindulge around the holidays, but excessive drinking will only escalate depression.
- Acknowledge feelings: For people who have experienced a loss in the family or are separated from loved ones, it's OK to be sad — and even to cry — during the holiday season.
- Find support: Instead of spending the holidays alone, attend social gatherings with a local church or organization. Don't be afraid to ask family members or friends if you can participate

in their holiday activities.

- **Volunteer.** Volunteer time to help those less fortunate.
- **Be realistic:** Try not to set expectations too high for the holidays. Try to accept family members for who they are, and leave old grudges and arguments for another time.
- Stick to a budget: Realize that it is nearly impossible to buy gifts for every acquaintance. Set a budget before shopping for the holidays, and stick to it.

If despite best efforts to remain upbeat this holiday season, you are feeling down for a sustained period of time, get help. There are treatment options available that could make a significant difference in your outlook. Some of these options include:

Military

Brooke Army Medical Center Department of Social Work – 916-3020

Department of Veterans Affairs-Veterans Benefits Office – 699-2302

Fort Sam Houston Community Counseling Center – 221-0133

TRICARE – (888) 363-5433

Community

Center for Health Care Services – 731-1320 Crisis Line – 223-7233 and (800) 316-9241 Mental Health Association in Greater San Antonio – 614-7566

National Alliance for the Mentally Ill – 734-3349

(Sources: Dr. Harry Howitt, chief, Community Behavioral Health Service, http://www.pamf.org /news/2002/1202_holidays.html and http://www. umm.edu/features/holiday_blues.htm)

Brooke Army Medical Center Health Promotions December Class Schedule

Class Asthma Management (adult)	Date Today	Time 2 to 3:30 p.m.	Place BAMC Health Promotions, Room L31-9V		
Blood Pressure Management	Call for an appointment		BAMC Health Promotions, Room L31-9V		
Body Fat Testing	Friday	8 to 11 a.m.	BAMC Health Promotions, Room L31-9V		
Breast-feeding Class	Wednesday	1 to 2:30 p.m.	BAMC OB/GYNfifth floor conference room		
Cholesterol Management	Next class in January	9 to 11:30 a.m.	BAMC cardiology conference room		
Living with Fibromyalgia	Wednesday and 28	1 to 4 p.m.	BAMC radiology conference room, Room 129-13A		
Foot Care for Diabetics	Next class in January	1 to 2:30 p.m.	BAMC fourth floor conference room, Room 413-11		
Weight for Health (weight management)	Friday and 30	12 to 1:30 p.m.	BAMC Health Promotions, Room L31-9V		
Yoga	Wednesday and 28	12 to 1 p.m.	BAMC Occupational Therapy Clinic		
For more information, call Brooke Army Medical Center Health Promotions at 916-3352.					

Army Community Service

Family Advocacy Program December Class Schedule

Class	Date	Time
Commander's Training	Today	8 to 9:30 a.m.
Getting Ready for Childbirth 1 and 2	Today	9 a.m. to 12 p.m.
S.T.E.P. Program for Parents of		
School Age Children	Today	2 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday	11 a.m. to 12:30 p.m.

Class space is limited. To register or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418.

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Sgt. John A. Dominguez, Brooke Army Medical Center's Non Commissioned Officer of the Year, and Spc. Rebecca Magner, BAMC's Soldier of the Year, assemble eyeglasses for shipment from the Fort Sam Houston Optical Fabrication Laboratory.

BAMC selects top Soldiers

Story and photo by Maj. Steven R. Moon Brooke Army Medical Center Public Affairs

Brooke Army Medical Center Commander Brig. Gen. James K. Gilman presented Sgt. John A. Dominguez the Non Commissioned Officer of the Year Award and Spc. Rebecca Magner the Soldier of The Year Award Dec. 1 at an awards ceremony in the BAMC auditorium.

The Soldiers received their honors in front of an auditorium filled with family, friends, co-workers, several local community leaders and corporate representatives.

Along with their awards for top NCO and Soldier, the Soldiers received additional recognition from local community and corporate organizations in the form of savings bonds, cash and trophies for their outstanding achievements and contributions to BAMC, the Army and the local San Antonio community.

"This is an honor and a privilege," said Dominguez, the optical laboratory NCO at Fort Sam Houston's Optical Fabrication Laboratory. "I appreciate the support and confidence of the officers and senior NCOs at BAMC."

A board of senior BAMC NCOs selected Dominguez for the award. The honor is a result of his commander's letter of recommendation, past accomplishments and an interview with the board. The board ranked the nominated NCOs on their military bearing, physical conditioning and military knowledge.

"I felt I had done well in the interview, but didn't know if I had done well enough to win," said Dominguez. "But when they announced my name I was pretty happy. It's a big honor to be selected for this award."

Magner competed for the honor as BAMC's Soldier of the Year with other BAMC Soldiers, E-4 and below. "I'm excited to receive this recognition," said Magner. "I put a lot of work into it. I knew the competition would be tough."

The process for selecting Magner was similar to that of Dominguez. A panel of senior BAMC NCOs selected her for the award. She, like Dominguez, works at the Optical Fabrication Laboratory, as an optical laboratory technician.

Both Dominguez and Magner will now compete for Installation NCO and Soldier of the Year. Both say they are looking forward to the opportunity to represent BAMC.

"I'm very proud to represent BAMC in the Installation Soldier of the Year competition," says Magner. "I know the competition will be very tough but I'm ready. I'm going to work out physically to make a 300 on the Army Physical Fitness Test and will continue studying NCO subjects."

Keen speaks at ROTC holiday ball

By Kevin W. Sieling U.S. Army South Public Affairs

U.S. Army South Commander Brig. Gen. Ken Keen spoke with cadets of the ROTC program from St. Mary's University and the University of Incarnate Word Dec. 2 at a local area hotel in San Antonio.

More than 100 cadets, faculty and alumni attended the event as part of their 2005 Holiday Ball. Keen took the opportunity to speak about USARSO, its role as the Army component to U.S. Southern Command, threats and opportunities the Army faces in Latin America and the cadets and their future as leaders in tomorrow's Army.

"You will have the privilege to lead the American Soldier, our nation's greatest asset," said Keen. "Use the skills you have learned here in ROTC to bring out the very best in all of them, and they will in turn bring out the very best in you."

Keen mentioned the possibility that the cadets may one day serve with USARSO in their military careers, as did retired Maj. Gen. Alfred A. Valenzuela, former USARSO commanding general, who was a distinguished graduate of St. Mary's ROTC program.

"U.S. Army South's military and civilian personnel take pride in safeguarding the security of the United States and promoting democracy throughout the region, and we welcome the contributions of the future officer corps here tonight," Keen said. "You truly add to the human capital of the Army. I cannot overemphasize the importance of your future service to our country."



Courtesy photo

U.S. Army South Commander Brig. Gen. Ken Keen accepts a token of appreciation from Lt. Col. Theodore Vazquez, St. Mary's University ROTC commandant, Dec. 2 during the ROTC Holiday Ball in San Antonio.

Keen also spoke of the importance of USARSO's engagement in Latin America and the Caribbean.

"It's safe to say that the future of the United States and its neighbors to the south are intricately linked and that prosperity lies in mutual cooperation," he said. "However, this future is being put in jeopardy as we speak by a growing number of threats to the security of the United States and our partner nations."

Keen said narco-terrorism, criminal gangs and kidnapping combine to make Latin America and the Caribbean one of the world's most violent regions.

"In the face of these threats, USARSO aims to enhance hemispheric stability, establish regional partnerships, support democracy and human rights and ensure the forward defense of the United States," he said.

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Fort Sam Houston Independent School District

Winter Break, Monday to Jan. 2 School resumes Jan. 3

Robert G. Cole Jr./Sr. High School

Boys' basketball vs. Aransas Pass at Cole, 1 and 2:30 p.m. Tuesday

Girls' varsity basketball at Texas

Empowerment Academy, 1 p.m. **Dec. 28**

Boys' varsity basketball Devine tournament, TBA

Dec. 29

Boys' varsity basketball Devine tournament, TBA

Dec. 30 Girls' varsity basketball at Holy Cross, 2 p.m.

Fort Sam Houston Independent School District

Exhibit C-2

Statement of Revenues, Expenditures and Changes in Fund Balances – Governmental Funds Year Ended Aug. 31, 2005

Data		10	Shared Services Arrangement Special	;	Capital	Other	98 Total
Contr	rol	General	Education	IDEA-B	•	overnmental	Governmental
Codes	8	Fund	Fund	Formula	Funds	Funds	Funds
	Revenues						
5700	Local and intermediate sources	\$356,445	\$1,127,215	\$ -	\$282,355	\$229,626	\$1,995,641
5800	State program revenues	6,003,628	7,154	-	-	155,236	6,166,018
5900	Federal program revenues	<u>7,593,715</u>	-	625,440		<u>255,057</u>	8,474,212
5020	Total revenues	13,953,788	1,134,369	625,440	<u>282,355</u>	639,919	16,635,871
	Expenditures						
0011	Current:	C 219 770	705 755	422.024		147.046	7 402 904
0011	Instruction	6,218,779	705,755	422,024	-	147,246	7,493,804
0012	Instructional resources and media services	101 740		_	_	1,311	192.050
0013	Curriculum development and	181,748	-	-	-	1,311	183,059
0013	instructional staff development	41,637	270	33,548		14,395	89,850
0021	Instructional leadership	232,431	195,950	4,499	-	1,479	434,359
0021	School leadership	715,320	5,537	6,062	-	2,409	729,328
0023	Guidance, counseling, and	713,320	3,337	0,002	-	2,409	129,326
0031	evaluation services	477,594	152,931	159,230	_	26,783	816,538
0033	Health services	101,592	2,791	137,230	_	951	105,334
0034	Student (pupil) transportation	392,383	9,793	77	_	6,881	409,134
0035	Food services	12,780	-	-	_	451,290	464,070
0036	Cocurricular/extracurricular	12,700				131,290	101,070
0000	activities	327,546	_	_	_	764	328,310
0041	General administration	582,497	22,592	_	_	1,278	606,367
0051	Plant maintenance and operation		16,295	_	_	19,066	1,150,986
0053	Data processing services	420,194	22,455	_	_	1,758	444,407
0080	Capital outlay	-	,	_	1,070,939	-,,,,,,	1,070,939
0093	Payments related to shared				, ,		, ,
	services arrangement	660,305	-	_	-	-	660,305
	C						
6030	Total expenditures	11,480,431	<u>1,134,369</u>	625,440	1,070,939	<u>675,611</u>	14,986,790
1100	Excess (deficiency) of revenues						
	over (under) expenditures	<u>2,473,357</u>			<u>(788,584)</u>	(35,692)	<u>1,649,081</u>
5 0.1-	Other Financing Sources (Use	s)				a= :	0
7915	Operating transfers in	-	-	-	-	35,422	35,422
8911	Operating transfers out	(35,422)					(35,422)
7080	Total other financing sources (us	ses) (35,422)	-			35,422	
1200	Net change in fund balances	2,437,935	-	-	(788,584)	(270)	1,649,081
0100	Fund balances at beginning of year	ur <u>5,911,740</u>			11,849,331	13,512	17,774,583
3000	Fund balance at end of year	<u>\$8,349,675</u>	<u> </u>		11.060,747	<u>13,242</u>	19,423,664

ELEMENTARY SCHOOL NEWS

Peer mediators solve conflicts at elementary school

By Dr. Kathy Maxwell Fort Sam Houston Elementary School

The counselors at the Fort Sam Houston Elementary School have used peer mediation for conflict resolution successfully for the past several years. Peer mediation is both a program and a process where same-age students facilitate dispute resolution between two people or small groups. The students facilitate communication, negotiation, understanding and problem-solving between the disputants.

The conflicts may be as simple as handling a rumor or as complex as threats of physical aggression. Linda Reed and Kimberli Johnson, elementary counselors, and Rhonda Francis, sixth grade teacher, train the fifth and sixth grade student volunteers to deal with issues that arise among their peers.

"Peer mediation is a great program to have in the school to

help students arrive at conflict resolutions," said Reed. "It teaches the students to talk out the problems and come up with solutions themselves."

To become a peer mediator, a student volunteers and is taken through an initial screening process. The process involves obtaining teacher recommendations, examining academic grades, checking citizenship and conduct grades, and showing evidence of clear thought processes and excellent social skills. Once selected, each volunteer peer mediator receives about 10 hours of conflict resolution training.

In the early stages of training, the adult mentors model the mediation process by enacting scenarios with the trainees and coaching them through the steps in the mediation process to bring about conflict resolution.

Mediation occurs with one adult and two peer mediators. The

mediators allow each party to speak for a designated amount of time. After the disputants have verbalized their concerns, each offers a possible solution for the resolution of the conflict. Both parties further express their concerns and come to a resolution.

"This keeps conflicts from escalating and having students referred to the principal," Reed said. "Our fifth and sixth grade students have been very successful peer mediators."

The fifth grade mediators are Julian Dilorenzo, Jayden Roy, Kara Bagg, Marlene Renz, Kylie Benjamin, Grace Wafford, Katherine Norelli, Abigail Crotts, Tashon Roberts and John Glasgow. The sixth grade mediators are Ethan Fleming, Valerie Vasquez, Tavian Bush, Ashleigh Jacobsmeyer, Lauren Nelson, Naomi Squires, Jonathan Salazar, Luis Labrador Jr., Dottie Lawson



Courtesy photo

Linda Reed (middle) and Kimberli Johnson (right), counselors at Fort Sam Houston Elementary School and Rhonda Francis, sixth grade teacher, guide peer mediators (clockwise from left) Naomi Squires, Dottie Lawson, Valeria Vasquez and Lauren Nelson in a conflict resolution discussion.

and Germaine Herrera.

In the past three years, there has been an average of 25 sessions each school year. Each mediation session resulted in a resolution for those involved through careful handling by the

peer mediators and their adult mentors.

The skills and interactions this program provides will have a positive effect on the future of each peer mediator, as well as the disputants.

18 Dec. 15, 2005 Fort Sam Houston News Leader

All I want for Christmas.



"I'd like a Sky Dancer and a talking and dancing Dora the Explorer." Elana Ornelas, 4, with her mother, Carina Clark

"I'd like a Hot Wheels truck." Alexander Spratte, 6





"I want a puppy."

Hanna Henderson, 8 with mother, Shellie



"T'd like a doll."

Trudy Johnson, 6, with Julianna Casas, 2



"I want a Power Ranger gun, dinosaurs, Mr. Potato and a Spider-Man tent."

Jacob Perez, 5, with his mother, Yvonne



Photo by Andricka Hammonds

Joy Lamphier assists her son, Mason, with arts and crafts Saturday during the children's holiday party sponsored by the Brooke Army Medical Center Family Readiness Group. The holiday party included various activities including face painting, a balloon artist and crafts.



Photo by Andricka Hammonds
The Brooke Army Medical Center tree lighting ceremony
was Friday at 10 a.m. People can view the trees in the
medical mall at BAMC.



Eileen Forrest tries to get 3-yearold daughter, Erin, to smile for her Christmas photo with Santa during the Children's Holiday Party Saturday at Brooke Army Medical Center's medical mall.



Photo by Andricka Hammonds



Fort Sam Houston Elementary School students perform in their annual school holiday play, "Elfis Goes West with Lewis & Clark," Tuesday at the school.







A family visits with Santa Claus Saturday during the children's holiday party sponsored by the Brooke Army Medical Center Family Readiness Group. BAMC employees were volunteers at the event.





Photo by Laurence Gonzalez
The Fort Sam Houston ground maintenance staff, Jesse Hernandez, Valentin
Luna, Ernest Luna and Richard Aguillon,
led by Mike Gann supplied the decorations
for the Installation Chaplain's Office tree
lighting ceremony. The ceremony will be
today at 6 p.m.



Photo by Phil Reidinger

Maj. Gen. George W. Weightman, installation commander, congratulates members of the Army Medical Command Band following their holiday concert performance Monday at the Scottish Rite Cathedral in San Antonio. The program included a performance by the Texas Children's Choir and a narration of the holiday favorite, "T'was the Night Before Christmas," by Col. Bradley D. Freeman, 32nd Medical Brigade commander.



Photo by Doug Meyer Joan Weightman presents a door prize during the Installation Holiday Ball Friday at the Sam Houston Club.



Col. Wendy L.
Martinson, U.S.
Army Garrison
commander,
compares tickets
to ensure Suella
York is the lucky
winner of one of
several door
prizes announced
during the
Holiday Ball
Friday.

Photo by Doug Meyer

20 Dec. 15, 2005 Fort Sam Houston News Leader

Soldiers often celebrate Christmas in uniform

The Christmas season is upon us and American Soldiers are serving overseas in combat, a long-standing tradition for the U.S. Army.

On Christmas Day in 1776, George Washington led an American Army through sleet and snow across the Delaware to attack a Hessian garrison at Trenton. It was said someone could track the American Army by the bloody footprints in the snow.

In 1944, Roy Bodine, captured by the Japanese in 1942, spent most of Christmas Day jammed into a box car in the sweltering heat of Luzon in the Philippines with



Courtesy photo

A Soldier guards the Tomb of the Unknown Soldier at Arlington National Cemetery in Virginia during the holidays.

nearly 200 other prisoners of war. Christmas dinner was half a cup of rice.

On the other side of the world, the "Screamin' Eagles" of the 101st Airborne Division were surrounded in Bastogne, Belgium, in the snow-covered Ardennes Forest and under attack. General Patton had the Third Army chaplain compose a prayer for good weather so his troops could break through to relieve the 101st.

In 1950, the troops in Korea wondered if they would be home by Christmas as they advanced toward the Yalu River. They weren't. American troops spent a dozen Christmases in Vietnam.

Then there were the Christmases not spent in combat. Christmas celebrated at tiny forts on the wind-swept plains of Nebraska or at countless training camps throughout the United

States during basic and advanced individual training. Christmas spent watching the demilitarized zone in Korea and the Iron Curtain in Europe, or in Bosnia and Kosovo. Christmas spent at any of the garrisons manned by the Army around the world, away from home and family.

In 1776, George Washington said, "The fate of unborn millions will now depend, under God,



Photo by H. Charles McBarron

Alexander Hamilton's battery opens fire at the Battle of Trenton in New Jersey on Christmas in 1776.

on the courage and conduct of this Army." It was true then, and it still applies today. Service members throughout history celebrating Christmas in uniform have given Americans the freedom and ability to celebrate Christmas in their homes.

(Source: Fort Sam Houston Museum)

RELIGIOUS HAPPENINGS . .

Chapel holiday events

The first annual children's Christmas program for the 11:01 a.m. contemporary service will be Sunday during the service. Children are encouraged to attend and be a part of the program. For more information, call 295-2096.

Christmas eve candlelight service

The public is invited to a candlelight service Dec. 24 at 6 p.m. at the Main Post Chapel. The service will feature carols, readings, prayer, music and a message.

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

Officers' Christian Fellowship

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

For the chapel services schedule, visit www.samhouston.army.mil/chaplain.

INTERFAITH CALENDAR . . .

December

25 - Christmas * - Christian celebration of the birth of Jesus Christ.

26 - Zarathosht Diso - Zoroastrian anniversary of the death of Prophet Zarathushtra.

26 to Jan. 1 - Kwanzaa – An African American and Pan-African holiday celebrating family, community and culture.

26 to Jan. 2 - Hanukkah * - Jewish festival of lights commemorating the Maccabean recapture and rededication of the Jerusalem Temple in 165-164 b.c.e. The eight candle menorah is lighted. * Usually begins at sundown the day before this date.

22 Dec. 15, 2005 Fort Sam Houston News Leader

Put food safety first

'Tis the season for fond memories, gift giving, hosting parties and family gatherings with good food. As you prepare festive holiday spreads, remember to keep foods fresh and safe to eat. If food containing harmful bacteria is consumed, it could cause foodborne illness. These illnesses can be prevented by following these suggested safety tips:

Cook

- Steaks, fish fillets and eggs are cooked when they reach a minimum of 145 F.
- Pork and ground fish and meat are cooked when they reach 155 F.
- Poultry, field-dressed wild game, and stuffed meats are cooked when they reach 165 F.
- Ensure the correct temperature is reached by using a meat thermometer.

Cool

- Don't leave food to cool on the counter for longer than two hours.
- When saving cooked foods, separate large items, such as roasts or soups, into portions no more than 3 inches thick and place in the refrigerator or freezer within two hours.

Reheat properly

- Food should reach at least 165 F when reheated.
- Make sure this temperature is reached by using a meat thermometer.
- Do not reheat leftovers more than once.

Microwave cook correctly

- Microwaved foods need to be heated at least 25 F higher than that recommended for conventional heating.
- Microwaved foods need to be covered, stirred or rotated at least once midway through cooking to improve heat distribution.
- Food reheated in microwave ovens should reach 190 F and be allowed to stand covered for two minutes after heating.

Avoid the danger zone

- Potentially hazardous foods (e.g., meat, poultry, dairy products and eggs) must be kept hotter than 140 F or colder than 40 F.
- Don't leave food to thaw on the counter. Always defrost foods in the refrigerator, under cold running water or in the microwave.

Wash hands

 Proper handwashing practices are essential after using the washroom, before putting anything in your mouth and before handling food, particularly ready-to-eat food. Vigorously rub soaped hands for at least 20 seconds with particular attention to the areas under the fingernails and between the fingers.

Wash, sanitize food contact surfaces

- Cutting boards, plates and utensils must always be washed and sanitized immediately before ready-to-eat foods are placed on them.
- Dishcloths must be well washed and sanitized between uses.
- Make a sanitizing solution by mixing a half ounce (1 tablespoon) of 6 percent household bleach into 1 gallon of water, or a teaspoon of 6 percent bleach into a liter of water.

Wash fresh fruit, vegetables

- Always wash fresh fruits and vegetables thoroughly.
- Pay particular attention to fruits and vegetables that will be served raw, and fruits that do not have their peel removed before eating.
- Contamination on the outside of rind fruits (like watermelon, cantaloupe and honeydew melon) can be transferred to the inside of cut fruit by the cutting knife.
- Refrigeration of melons after cutting is highly recommended.
- Pumpkin and pecan pies, traditional holiday favorites, can be a safety issue many do not consider. Most recipes contain eggs and dairy products. For this reason, these two favorites belong in the refrigerator, not on the kitchen counter. Keep pumpkin pie, custard pies and other rich egg-laden desserts hot or cold until ready to serve, and then store leftovers in the refrigerator. Fruit pies are safe in the cupboard, pantry shelf or in a pie keeper on the countertop for no longer than two days. After that time, the fruit may ferment or mold, spoiling the pie.

The Food and Drug Administration advises consumers not to eat uncooked cookie dough, homemade or commercial, or batters made with raw fresh eggs because raw fresh eggs may contain bacteria that can cause an intestinal infection called salmonella. Thorough cooking kills the bacteria that cause the infection.

Another tradition, eggnog is made with raw eggs, also presenting the salmonella risk to consumers. While cooking can destroy the disease-causing bacteria, consumers can still become ill when the eggnog is left at room temperature for several hours before being consumed. Safe alternatives are pasteurized eggnog beverages sold in grocery dairy cases; these products should be kept refrigerated.

Many people wouldn't think mailorder food gifts would be considered a health risk. Mail-order food gifts can include meat, poultry, fish and other perishables like cheese, fruit and cheesecake. The gift giver should alert the recipient to the pending arrival of the food gift; the recipient should open the package immediately to make sure that, if it is labeled "keep refrigerated," the food arrives in a chilled state.

Don't take chances with your food. Keep your holiday safe and healthy by taking as many safety steps with food preparation and handling as you do with Christmas decorating. And, as a precaution, if in doubt, throw it out.

For more informa-

tion on food safety and preparation, visit www.foodsafe.ca.

(Source: Ministry of Health Services)

MWR CHILD AND YOUTH SERVICES

Youth Happenings

Youth Center holiday schedule

The Youth Center will be open Dec. 24 from 3 to 7 p.m. and will close Dec. 25 and 26; the center will reopen Dec. 27 at 1 p.m. The center will be open Dec. 31 from 3 to 7 p.m., closed Jan. 1 and will open Jan. 2 at 1 p.m. For more information, call 221-4882.

Movie trip

The middle school program will see "King Kong" Saturday; the group will leave the Youth Center at 6 p.m. and return at 9 p.m. The cost is \$6 per person. For more information, call the Youth Center at 221-3502.

Teen Christmas caroling

The teens will go Christmas caroling Tuesday on Fort Sam Houston. There will be hot apple cider and cookies after the caroling. For more information, call the Youth Center at 221-3502.

Trip to IMAX

There will be a middle school and teen trip to the IMAX to see "Polar Express 3-D Wednesday; the group will leave the Youth Center at 12:30 p.m. and return about 3:30 p.m. The cost is \$6 per person. Sign up at the Youth Center.

Mr. Gatti's

There will be a middle school and teen trip to Mr. Gatti's Dec. 23 from 5 to 8 p.m. The cost is \$5 for entry; bring more to play the games. Sign up at the Youth Center.

Malibu Grand Prix

There will be a middle school trip to Malibu Grand Prix Monday from 5:30 to 8 p.m. The cost is \$10 per person. Come enjoy the arcade, miniature golf, boats and more. Sign up at the Youth Center.

Ice skating trip

The middle school and teens will go ice skating Dec. 30; the group will leave the Youth Center at 6:30 p.m. and return about 9:30 p.m. The cost is \$6. Advance sign-up is required. For more information, call the Youth Center at 221-3502.

Basketball registration

Basketball registration is ongoing. Players and coaches are needed. For more information, call the Youth Sports Office at 221-5513.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be regis-

tered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Cooking classes

The Youth Center offers cooking classes Fridays from 5 to 6 p.m. For more information, call 221-3502.

Parent News

PCI winter break

The Parent Child Incorporated Headstart program will be on winter break from Monday to Jan. 2. Any patrons in need of childcare can call Central Registration at 221-4871 or 221-1723.

PAC meeting

The next Child and Youth Services
Parent Advisory Council meeting will be
Tuesday from 11:30 a.m. to 12:30 p.m. at
the Child Development Center, 2530
Funtston. Lunch will be provided. This is
CYS parents' opportunity to learn about
upcoming events, meet staff and address
concerns.

Youth Services registration

Youth Services registration will be Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number

and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration to register at 221-4871 or 221-1723. Preschool is from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.

Fort Sam Houston MWR Holiday Operating Hours SUN MON TUES WED THUR 19 FRI

	18	19	20	21	22	23	24
Army Comm. Service	Closed	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	Closed	Closed
Auto Craft Shop	9 a.m5 p.m.	Closed	Closed	1-9 p.m.	1-9 p.m.	Closed	Closed
Bowling Center	2-9 p.m.	Closed	5-9:30 p.m.	12:30-9:30 p.m.	5:30-9:30 p.m.	Closed	Closed
Brigade Gym	Closed	5 a.m9 p.m.	5 a.m9 p.m.	9 a.m5 p.m.	Closed	Closed	Closed
Camp Bullis Rec. Ctr.	4 a.m8 p.m.	12-8 p.m.	4 a.m12 p.m.	12-8 p.m.	4 a.m12 p.m.	12-8 p.m.	Closed
Canyon Lake Rec. Ctr.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m6 p.m.	8 a.m12 p.m.
Central Post Gym	Closed	5 a.m1:30 p.m.	5 a.m1:30 p.m.	Closed	Closed	Closed	Closed
Child Development Center	Closed	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	Closed
Outdoor Equipment Ctr.	Closed	8 a.m5 p.m.	8 a.m5 p.m.	8 a.m5 p.m.	8 a.m12 p.m.	Closed	Closed
Equestrian Ctr.	7 a.m5 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	Closed
Family Child Care	Closed	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	Closed
Golf Club	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m12 p.m.
Hacienda Rec. Ctr.	1-9 p.m.	7 a.m9 p.m.	7 a.m9 p.m.	7 a.m9 p.m.	Closed	Closed	Closed
Harlequin Dinner Theatre	12-5 p.m.	12-5 p.m.	12-5 p.m.	12-5 p.m.	12-5 p.m.	Closed	Closed
Jimmy Brought Fitness Ctr.	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	8 a.m5 p.m.
Pool	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.
Library	11 a.m6 p.m.	Closed	Closed	11 a.m6 p.m.	11 a.m6 p.m.	11 a.m6 p.m.	Closed
RV Park	10 a.m5:30 p.m.	9 a.m4 p.m.	9 a.m4 p.m.	9 a.m4 p.m.	9 a.m4 p.m.	Closed	Closed
Sam Houston Club	Closed	Closed	Closed	Closed	Closed	Closed	Closed
School Age Services	Closed	6 a.m6 p.m.	6 a.m6 p.m.	6 a.m6 p.m.	6 a.m6 p.m.	6 a.m6 p.m.	Closed
Youth Services	Closed	1-9 p.m.	1-9 p.m.	1-9 p.m.	1-9 p.m.	1-11 p.m.	3-7 p.m.
						-	•
	25	26	27	28	29	30	31
Army Comm. Service	Closed	Closed	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	Closed	Closed
Auto Craft Shop	Closed	Closed	Closed	1-9 p.m.	1-9 p.m.	Closed	Closed
Bowling Center	Closed	Closed	Closed	Closed	3-9 p.m.	3-9 p.m.	Closed
Brigade Gym	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Camp Bullis Rec. Ctr.	Closed	12-8 p.m.	4 a.m12 p.m.	12-8 p.m.	4 a.m12 p.m.	12-8 p.m.	4 a.m12 p.m.
Canyon Lake Rec. Ctr.	Closed	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m12 p.m.
Central Post Gym	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Child Development Center	Closed	Closed	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	5:30 a.m5:30 p.m.	Closed
Outdoor Equipment Ctr.	Closed	Closed	8 a.m5 p.m.	8 a.m5 p.m.	8 a.m5 p.m.	Closed	Closed
Equestrian Ctr.	Closed	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.	7 a.m6 p.m.
Family Child Care	Closed	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	Closed
Golf Club	Closed	Closed	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m5 p.m.	6 a.m12 p.m.
Hacienda Rec. Ctr.	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Harlequin Dinner Theatre	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Jimmy Brought Fitness Ctr.	Closed	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	7 a.m7 p.m.	8 a.m5 p.m.
Pool	Closed	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.	8:30 a.m5 p.m.
Library	Closed	Closed	Closed	11 a.m6 p.m.	11 a.m6 p.m.	11 a.m6 p.m.	Closed
RV Park	Closed	Closed	9 a.m4 p.m.	9 a.m4 p.m.	9 a.m4 p.m.	Closed	Closed
Sam Houston Club	Closed	Closed	Closed	Closed	Closed	Closed	Closed
School Age Services	Closed	Closed	6 a.m6 p.m.	6 a.m6 p.m.	6 a.m6 p.m.	6 a.m6 p.m.	Closed
Youth Services	Closed	Closed	1-9 p.m.	1-9 p.m.	1-9 p.m.	1-11 p.m.	3-7 p.m.
	1	2	3	4	5	6	7
Army Comm. Service	Closed	Closed	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.	7:30 a.m4:30 p.m.
Auto Craft Shop	Closed	Closed	Closed	1-9 p.m.	1-9 p.m.	1-9 p.m.	9 a.m5 p.m.
Bowling Center	Closed	Closed	5-9:30 p.m.	9 a.m9:30 p.m.	9 a.m9:30 p.m.	5-10 p.m.	9:30 a.m9 p.m.
Brigade Gym	Closed	Closed	9 a.m5 p.m.	5 a.m9 p.m.	5 a.m9 p.m.	5 a.m9 p.m.	Closed
Camp Bullis Rec. Ctr.	Olosea		Closed	Closed	Closed	Closed	7 a.m5 p.m.
Canyon Lake Rec. Ctr.	Closed	Closed					
	Closed	Closed 8 a.m4:30 p.m.			8 a.m4:30 n m	1 8 a.m4:30 n m	1 8 a.m4:30 n m
	Closed	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m.	8 a.m4:30 p.m. 5 a m -1:30 p m	8 a.m4:30 p.m. 5 a m -1:30 p m	8 a.m4:30 p.m.
Central Post Gym	Closed Closed	8 a.m4:30 p.m. Closed	8 a.m4:30 p.m. Closed	8 a.m4:30 p.m. 5 a.m1:30 p.m.	5 a.m1:30 p.m.	5 a.m1:30 p.m.	Closed
Central Post Gym Child Development Center	Closed Closed Closed	8 a.m4:30 p.m. Closed Closed	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m.	Closed Closed
Central Post Gym Child Development Center Outdoor Equipment Ctr.	Closed Closed Closed Closed	8 a.m4:30 p.m. Closed Closed Closed	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m.	Closed Closed Closed
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr.	Closed Closed Closed Closed 7 a.m5 p.m.	8 a.m4:30 p.m. Closed Closed Closed 7 a.m6 p.m.	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m.	Closed Closed Closed 7 a.m5 p.m.
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care	Closed Closed Closed Closed 7 a.m5 p.m.	8 a.m4:30 p.m. Closed Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m.	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m.	Closed Closed Closed 7 a.m5 p.m. Closed
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care Golf Club	Closed Closed Closed 7 a.m5 p.m. Closed Closed	8 a.m4:30 p.m. Closed Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m. Closed	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m.	Closed Closed 7 a.m5 p.m. Closed 6 a.m5 p.m.
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care Golf Club Hacienda Rec. Ctr.	Closed Closed Closed 7 a.m5 p.m. Closed Closed Closed	8 a.m4:30 p.m. Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m. Closed	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m.	Closed Closed 7 a.m5 p.m. Closed 6 a.m5 p.m. 1-9 p.m.
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care Golf Club Hacienda Rec. Ctr. Harlequin Dinner Theatre	Closed Closed Closed 7 a.m5 p.m. Closed Closed Closed Closed	8 a.m4:30 p.m. Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m. Closed Closed Closed	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m.	Closed Closed 7 a.m5 p.m. Closed 6 a.m5 p.m. 1-9 p.m. 12-5 p.m.
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care Golf Club Hacienda Rec. Ctr. Harlequin Dinner Theatre Jimmy Brought Fitness Ctr.	Closed Closed Closed 7 a.m5 p.m. Closed Closed Closed Closed 7 a.m7 p.m.	8 a.m4:30 p.m. Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m. Closed Closed Closed 5 a.m9 p.m.	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 5 a.m9 p.m.	Closed Closed 7 a.m5 p.m. Closed 6 a.m5 p.m. 1-9 p.m. 12-5 p.m. 5 a.m5 p.m.
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care Golf Club Hacienda Rec. Ctr. Harlequin Dinner Theatre Jimmy Brought Fitness Ctr. Pool	Closed Closed Closed 7 a.m5 p.m. Closed Closed Closed Closed Closed 7 a.m7 p.m. 8:30 a.m5 p.m.	8 a.m4:30 p.m. Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m. Closed Closed Closed 5 a.m9 p.m. 8:30 a.m5 p.m.	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m. 5 a.m9 p.m.	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 5 a.m9 p.m. 5 a.m8:30 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m. 5 a.m8:30 p.m.	Closed Closed 7 a.m5 p.m. Closed 6 a.m5 p.m. 1-9 p.m. 12-5 p.m. 5 a.m5 p.m. 8:30 a.m5 p.m.
Central Post Gym Child Development Center Outdoor Equipment Ctr. Equestrian Ctr. Family Child Care Golf Club Hacienda Rec. Ctr. Harlequin Dinner Theatre Jimmy Brought Fitness Ctr. Pool Library	Closed Closed Closed 7 a.m5 p.m. Closed Closed Closed Closed 7 a.m7 p.m. 8:30 a.m5 p.m.	8 a.m4:30 p.m. Closed Closed 7 a.m6 p.m. 7:30 a.m4:30 p.m. Closed Closed Closed 5 a.m9 p.m. 8:30 a.m5 p.m.	8 a.m4:30 p.m. Closed 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m. 5 a.m8:30 p.m. Closed	8 a.m4:30 p.m. 5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m. 5 a.m8:30 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m9 p.m. 5 a.m8:30 p.m. 11 a.m8 p.m.	5 a.m1:30 p.m. 5:30 a.m5:30 p.m. 8 a.m5 p.m. 7:30 a.m6 p.m. 7:30 a.m4:30 p.m. 6 a.m5 p.m. 7 a.m9 p.m. 12-5 p.m. 5 a.m8:30 p.m. 11 a.m8 p.m.	Closed Closed 7 a.m5 p.m. Closed 6 a.m5 p.m. 1-9 p.m. 12-5 p.m. 5 a.m5 p.m. 8:30 a.m5 p.m. 11 a.m8 p.m.
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24 Dec. 15, 2005



Happenings

Trinity University commencement

Trinity University will hold its winter commencement for 122 graduates and undergraduates Saturday at 2 p.m. in the Margarite B. Parker Chapel. For more information, e-mail Susie Gonzalez at Susie.Gonzalez@Trinity.edu.

Rainbow Kids holiday schedule

The Fort Sam Houston Rainbow Kids will perform Saturday at 7 p.m. at the Hacienda Recreation Center, Building 1462. The Rainbow Kids are sponsored by Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call Joy at 348-8014 or 295-2093.

Memorial, New Year walks

The Texas Volkssport Association will host two 10K and 5K walks in Fredericksburg, Texas. The Memorial Walk is Dec. 31 from 12 to 2 p.m., finish by 5 p.m.; and the New Year Walk begins midnight to 12:30 a.m., finish by 3:30 a.m. There will be a wine and cheese social at 11 p.m. until the New Year Walk begins. Begin at St. Joseph's Halle, 212 W. San Antonio St. For more information, call Karl Kittinger at (254) 547-1403, e-mail walkabout@hot.rr.com or visit www.walktexas.org/.

Trinity University walk

The Randolph Roadrunners Volkmarch Club will host two 10K walks and a 5K walk Jan. 7, starting at the Chapman Graduate Center, 715 Stadium Drive, at Trinity University. For more information, call Larry Cook at 525-8900, e-mail LarCoo@texas.net or visit www.geocities.com/randolphroadrunners/.

Volunteer

Special Olympics support

The Fort Sam Houston Commissary will sponsor a "Score big with a hole in one" Jan. 6, from 1 to 3 p.m. to support Special Olympics. Donations are \$1 for a possible hole-in-one. Receive a complimentary gift and a chance for a grand prize. Donations support the local Special Olympics chapter. For more information, call Teresa Harrison at (800) 677-5616, ext. 00417.

Shoulder study volunteers

The Army Medical Department Center and School seeks volunteers between the ages of 18 to 50 who are experiencing shoulder pain for a research study on the effects of "thoracic spine manipulation on patients with shoulder impingment." For more information, call 2nd Lt. Bradley Ritland at 382-9332 or e-mail bradley.ritland@us.army.mil.

Girl Scouts seek volunteers

Girl Scouts of the San Antonio area are looking for adults to lead Girl Scout troops in the community. Help young girls grow up to be strong, confident and compassionate. Volunteers do not have to have a daughter in a troop to help. For more information, call Carla Mendez at 349-2404, ext. 217 or e-mail cmendez@sagirlscouts.org.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, ext. 224.

Professional Development

Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call (800) USA-ARMY or visit www.goarmyreserve.com.

Military intelligence recruiting

The 6th Battalion, U.S. Army Reserves, seeks Soldiers to fill military intelligence positions at Camp Bullis. For more information, call Sgt 1st Class Barbara Richardson at 295-7629.

Army health care recruiting

A health care professional's greatest calling is to serve the Soldiers who defend our nation's freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit www.healthcare.goarmy.com.

Green to Gold briefing

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Capt. Chez Varela, from St. Mary's University, will be available to answer questions. There will be a briefing Jan. 23 at 11 a.m. and 12 p.m. at Building 2247, next to the education center, in the training room. For more information, call 221-9881.

NCOA job fair

The Non Commissioned Officers Association will host a National Job Fair Tuesday at the Live Oak Civic Center, 8101 Pat Booker Road, from 9 a.m. to 3 p.m. The job fair is open to the public. Bring resumes, dress in business attire (military uniform acceptable) and be prepared to meet with national and local company recruiters. For more information, call 653-6161, ext. 271 or visit www.militaryjobworld.com.

Army online training

Army e-Learning is available for all Army personnel; people can access more than 2,600 distance learning courses that include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages, and covers more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm.

Trinity to present MLK lecture

In honor of the late Martin Luther King Jr., Trinity University will host a lecture by Randall Kennedy, a Harvard law professor, Jan. 17 at 7 p.m. in Laurie Auditorium on the Trinity campus. It is free and open to the public. For more information, call Trinity's office of public relations at 999-8406.

IO opportunities

Functional Area 30 (Information Operations) seeks highly motivated year group 1997-2002 officers for expanding IO opportunities in the Brigade Combat Team, divisions, corps and joint positions. Interested officers in YG 1998-2001 can request career field designation by completing the online preference form at https://www.hrc.army.mil/site/active/opfa mdd/cfd_Upcoming_boards.htm or by contacting the IO career management officer, Maj. Gregory Mogavero, at gregory.mogavero@us.army.mil or 703-325-5791. All other interested officers can request redesignation to IO through the Human Resource Center IO career management officer. For more information, call Lt. Col. Ken Krumm at (913) 684-5318 or H. David Pendleton at (913) 684-5320.

Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site at www.usarec. army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is (800) 223-3735, ext. 6 and the last four of the phone number.

Free computer training

Family members of active duty military personnel may receive computer training for the job market through the Family Employment Readiness Program.

Automated, self-paced training is available on all Microsoft Office programs. Typing instructions are also available in Spanish. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

St. Mary's University

The St. Mary's University office at Fort Sam Houston is temporarily operating on a limited schedule. St. Mary's University offers more than 20 master of arts and master of science degrees as well as community counseling and international relations online degree programs. Spring term begins Jan. 18, and course schedules are available online at www.stmarytx.edu/registrar. For more information, call 658-4852 or visit with a St. Mary's representative Wednesday.

Cyber security programs at OLLU

Students interested in information technology careers can now specialize in cyber security through programs offered at Our Lady of the Lake University. In addition to traditional technology courses, students take courses geared toward computer and network security management. An OLLU representative will be at the Fort Sam Houston Education Office Friday from 10 a.m. to noon. For more information, visit www.ollusa.edu.

2006 accident avoidance training

The 2006 accident avoidance training schedule will be the first and third Thursday of each month from 8 a.m. to 12 p.m. in Building 902, 32nd Brigade Headquarters, on Harney Road. For more information or to sign up, call Mitch Geary at 221-3824.

Meetings

Federally Employed Women

The Fort Sam Houston Federally Employed Women Chapter seeks members for its organization. The chapter meets the second Wednesday of the month. FEW enhances career opportunities for women, maintains a unified and diverse membership and provides opportunities for professional growth through leadership development, education, mentoring and networking. For more information, call Arcelia Longoria at 658-4046 or 823-6344.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

Alamo Silver Wings

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday of the month. For more information, call Joe Turella at 657-0028.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 295-0512; include military or Fort Sam Houston civil service status, phone number and name on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Compaq computer monitor with keyboard and mouse, \$25; trampoline, \$50; prom dresses, size 9/10, \$25 each; books, \$1.50 each. Call 295-2372 or 404-1359.

For Sale: Sauder entertainment center for 36-inch TV, \$175; with Sony Trinitron 27-inch TV, both for \$350. Call 475-9973.

For Sale: German oak entertainment center, best offer. Call 649-4029.

For Sale: Black Diamond plate tall corners for CJ-7 Jeep with cutouts, \$85, obo; Audi TT

tire with rim, mounted, \$100 obo; large, full face Vega motorcycle helmet, \$30 obo; Sony Vega stand for a 32-inch TV, \$100 obo; vacation package for two, \$200. Call 651-9168.

For Sale: 2002 Itasca Sunova 31-foot motor home, sleeps six, living room slide out, V-10 engine, 6,100 miles, \$50,000, obo. Call 437-0042.

For Sale: Inflatable 9-foot boat with Nissan 3.5 horsepower motor includes all accessories, \$850. Call 615-3971 or 241-2361.



Photo by Dawn Bannwolf

Bank delivers food baskets

This year, 125 families in San Antonio's Government Hill neighborhood will receive holiday food baskets through the Holiday Food Basket program sponsored by Bank of America Military Bank. Bank associates raise funds in many ways throughout the year including T-shirt sales, bake sales and dress-down days. The bank partners with area churches, Pershing Elementary and Soldiers at Fort Sam Houston to identify needy recipients. More than 650 people will be fed as a result of volunteers' efforts this year.